

# Gilead Gazette



December  
2015



Gilead Social Rehabilitation  
Center, 31 DeJohn Dr., Middle-  
town, CT 06457  
OPEN M-F 8:00AM-4:30PM  
including all holidays

Call for a ride:  
860-343-5310 be-  
fore 8am—ALL  
WELCOME



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***Hello Everyone and Holiday Greetings!***

***We had a very successful legislative cam-  
paign this year at the Capitol. If you can  
remember back to February—May, we spent  
a lot of time there talking to legislators, we  
had a Legislative Breakfast here, we wrote  
letters and made phone calls. All of this***

***was in support of the legislature not  
cutting the budget for social services  
this year. We did it! But guess  
what??? The state of Connecticut has been  
talking about 're-visiting' those numbers  
again. Soooo, that means more trips to the  
Capitol this month. And, SOON, more  
phone calls and a LOT of more letter writ-  
ing. Please help me ASAP this week.***

***There is a lot we can do from the Club-  
house—especially the handwritten letters  
which make a huge impact on legislators.  
So, don't be surprised if I ask you to write  
a letter or two (or ten!) when I see you.  
We know the Governor and the Legislature  
want to do what is right for the citizens of  
the state, we may have to remind<sup>1</sup> Them!!!***



## CALENDAR CHEAT SHEET

- Clubhouse Meeting Tuesdays at 2:00pm
- Bible Study 11am on Tuesdays
- Amazing Grace —see Gail
- News Talk with Thelma ) 8 a.m.
- Super Cuts Trip—see Sal
- Morning Meeting 10 a.m.
- Free At Last rehearsals every Tuesday night at 6pm-
- Coffee House 2nd Tuesday of the month at 5:30pm
- Unit work daily 10:30am  
Christmas dinners on Friday 12/18 and 12/25 at noon—free
- Santa and reindeer will be here
- Mondays 12:30p Winter Preparedness Group
- Thursdays 12:30p Mens and Womens separate groups:

## Building Unit Update

By J. Kolpak

Happy holidays to all of my devoted readers at Gilead Community Services. I hope that everyone had a great Thanksgiving weekend. I'm sure that all of you were out taking a walk or throwing around the football after that big feast to burn off those excess calories. Now we can get ready for an even more special holiday season. The holidays are upon us and its time a great time to look back on the year and remember all of the good times that we had together. In February, we had our big dance, featuring Prime Rib. In May, we had the Wellness/Cultural Competency Picnic down at Gateway. We played Bocce, danced to Zumba, and enjoyed nutritious foods from across the agency. Softball was again a success, with new players and coaches alike. And who could forget the camping trip down at Harkness State Park, where the turnout and company were both unforgettable and spectacular.

The Christmas tree at the Rehab Center is going to be trimmed on Friday, December 11<sup>th</sup> in the morning, along with all of the lights and decorations. I am looking forward to having a great time that day.

I would like to take a moment to remind all of our readers that our holiday celebration at the club will be on Friday December 18th, festivities starting at 10am. I look forward to seeing all of my club members in attendance. Who knows, Santa Claus may even make an appearance.

Finally, I need to thank some special club members that helped out with club duties over the past month. Scott M., Steve F., Herman B., Gilbert G., and Tom D., have been valuable assets to the clubhouse with hard work and dedication. I can't get the work that needs to be done without your help. For that, I say thanks. If you would like to participate in clubhouse maintenance, we would like for you to help. Please come to the club for the day and volunteer; we want you to help with keeping our club clean as a whistle. If you need a ride in the morning please call us at (860)343-5310 before 8:30am.



## Business Unit Update

Our Business Unit is chugging along, selling lunch tickets, coffee tickets, dues tickets (Club dues are \$6.00 and due by Jan 31st for 2016 membership). We also help balance the register, plan for purchases such as office supplies, do the enormous amount of shredding that we have. In addition we write this great newsletter for all to enjoy and use a reference for groups, trips, meals and opportunities for volunteering. The front desk opens at 9:30am and closes at 11:30am. Please purchase your lunch and coffee tickets during this time. We also write and type the newsletter you're reading in MS Publisher. Many of us have learned skills with this software. We are always looking for your thoughts to include ... maybe a poem, article, picture or any other news that would be interesting to our Club members. You don't have to be a professional writer to be included!!! We would love to see your work and put it in. Oh ... and we would like to see your artwork as well. Often we can incorporate the artwork into the newsletter in the same format that you did it. Hope you're considering being involved with us! Did I forget one of the most important tasks? Answering the Social Club phone! We aim to have a professional voice on the phone, that is welcoming and efficient at routing calls to the appropriate staff or client. If you've been upstairs in the morning, you know that the phone rings and rings and rings ... we need your help! We will train you on the use of the phone, which includes routing callers to voicemail and using the intercom. Please help!



## Culinary Unit Update

Gail Myers

### CULINARY UNIT

Thanksgiving season is behind us now. We want to extend a shout-out to all the Staff at Gilead who helped with the preparation of turkeys and also to those who served. We could not have done it without your help. It was a huge success. I am sure you will agree that the weather was perfect, staff and clients attended and the meal was delicious. Thank-you again for a great team.

Merry Christmas to all. We are now preparing for the festivities for this holiday. The Christmas dinner will be Fri., December 18 at 12 noon. Hors d'oeuvres at 11a.m. We will also have an assortment of desserts. Santa and his helpers will come after lunch with gifts for everyone. We will also have lunch on Fri., December 25 at 12 noon. We expect to see you at both events. Family and Friends are welcome to join us in the celebrations. We will have great food, fun and entertainment. Be careful and safe during the holidays! PS if you ever want to take a trip with me or Thelma to Sam's Club to buy the enormous amount of food that we need each month (we normally have more than two carriages each trip!), please let us know!

*Seasons Greetings!*



**Free At Last Players  
&  
Gilead Community Ser-  
vices**

**Welcomes You To  
Our Famous  
Coffee House**

Location: Social Center

Date: December 8, 2015

Time: 6pm – 730pm

Transportation will be  
provided



Welcome New Members!

Please say hi to the folks you see below and offer to show them around the Club ... they may have been here for a bit already but I'm guessing that there is something about the Club that you know and they don't!

Kim G  
Sudhama  
Ed S  
Lee B  
Richard G  
Dave S  
Destiny W  
John R  
Sharon M

**WELCOME**

***We're all human:*** What does it mean to be a human being? How are we different and alike at the same time? One part of our being is biological, which includes our physical health. Our sexuality has been a hot topic recently in the Club. What does it mean to be a sexual being? How do we express that in a real, honest and appropriate way? How do we interact with others that respects ourselves and them too? Come talk in a confidential group setting about these and other issues of our physical health. We are separating the 'We're all Human' groups into a men and a women's group, in order to address each gender's unique issues. We will be appropriate and respectful in our discussions at all times, but will be dealing with real and important issues in an honest way. These groups will be held on Thursdays, at 12:30pm., upstairs.

Winter is here!!! How can you prepare yourself and your household for Winter? How do you stay safe, warm, and plan ahead? This is a 4 part series on safety in the community. We'll talk about your electricity, heat, planning ahead for food, warm clothes and blankets. Do you know what to do if you lose electricity? Or if there is a bad rain storm? A winter blizzard? These are all issues that can be solved, but we have to plan ahead to make sure we're safe. The materials we will be using are from the federal emergency management agency (FEMA). These groups will be held on Mondays at 12:30pm., upstairs.



# December 2015 Menu



Mon	Tue	Wed	Thu	Fri
	<i>1 Codfish and Broccoli with Quinoa Dessert</i>	<i>2 Italian Grinders Homemade Soup</i>	<i>3 Breakfast for Lunch: pancakes, bacon and eggs</i>	<i>4 Ravioli &amp; sausage Green vegetable</i>
<i>7 Sloppy Joes Green vegetable</i>	<i>8 Tuna Noodle Cas- serole with Peas</i>	<i>9 Chicken Salad sandwich with Homemade Soup</i>	<i>10 Country Fried Steak with Veggies</i>	<i>11 Spaghetti &amp; Homemade Meat- balls, Green veg- gies</i>
<i>14 Haddock with Diced Tomatoes</i>	<i>15 Sal's Special Lemon Chicken with vegetable</i>	<i>16 Grilled Cheese &amp; ham / Homemade Soup</i>	<i>17 Chefs Salad with dressing and rolls</i>	<i>18 Holiday dinner Ham or Las- agna? Call Gail!</i>
<i>21 Anthony's Chicken Cordon Bleu with Veggies</i>	<i>22 Pierogies and Kiel- basa, Green Veg- gies</i>	<i>23 Philly Cheese Steak— Home- made Soup</i>	<i>24 Holiday—Turkey Dinner with all the fixins</i>	<i>25 Christmas Dinner!</i>
<i>28 Homemade Meat- loaf with Veggies</i>	<i>29 Chicken stir fry with egg rolls</i>	<i>30 Seafood Salad Sandwich with homemade soup</i>	<i>31 New Years Eve Chicken Nuggets, Fries and Green Vegetable</i>	





## *December 2015 Trips, Activities and Groups*

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
	<b>1</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30pm Clean/Units 1pm Rides Home 2pm Staff/Client Meeting: ALL WELCOME 6pm Free At Last Coffee House	<b>2</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30pm Clean/Units 1pm Mystery Trip 2pm Rides Home Goodwill	<b>3</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30p We're All Human' - Mens Group & Women's Group 12:30pm Clean/Units 1pm Out Trip 2pm Rides Home Big Lots	<b>4</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Recovery Support Group 10:30am Tasks/Units Noon Lunch 12:30pm Clean/Units 1pm Out Trip 2pm Rides Home KMart
<b>7</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30a Tasks/Units Noon Lunch 12:30p Winter Preparedness Group  12:30pm Clean/Units 1pm Out Trip 2pm Rides Home Estate Treasures	<b>8</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30pm Clean/Units 1pm Rides Home 2pm Staff/Client Meeting: ALL WELCOME 6pm Free At Last Coffee House	<b>9</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30pm Clean/Units 1pm Mystery Trip 2pm Rides Home Marshalls	<b>10</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10am Super Cuts 10:30am Tasks/Units Noon Lunch 2:30p We're All Human' - Mens Group & Women's Group 12:30pm Clean/Units 1pm 2pm Rides Home Target Stores	<b>11</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Recovery Support Group 10:30am Tasks/Units Noon Lunch 12:30pm Clean/Units 1pm Out Trip 2pm Rides Home Walmart

Mon	Tues	Wed	Thu	Fri
<p><b>14</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30a Tasks/Units Noon Lunch 12:30p Winter Preparedness Group  12:30pm Clean/Units 1pm Out Trip 2pm Rides Home Family Dollar</p>	<p><b>15</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30a Tasks/Units Noon Lunch 12:30p Clean/Units 1p Rides Home 2p Staff/Client Meeting: ALL WELCOME 6pm Free At Last Rehearsal <b>Ed M will be selling jewelry for Christmas, all day</b></p>	<p><b>16</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30pm Clean/Tasks 1pm Mystery Trip 2pm Rides Home Consignment Shop</p>	<p><b>17</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Clean/Tasks Noon Lunch 12:30pm Clean / Units  1pm Out Trip 2pm Rides Home Savers</p>	<p><b>18</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Recovery Support Group Noon Lunch 12:30pm Clean/ Tasks 1pm Kmart 2pm Rides Home  <b>Party at noon!</b></p>
<p><b>21</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30p Winter Preparedness Group 12:30pm Clean/Tasks 1pm Out Trip 2pm Rides Home Walmart</p>	<p><b>22</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30a Tasks/Units Noon Lunch 12:30p Clean/Units 1p Rides Home 2p Staff/Client Meeting: ALL WELCOME 6pm Free At Last Rehearsal 12:30p Winter Preparedness Group</p>	<p><b>23</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30pm Clean/Tasks 2pm Rides Home Marshalls</p>	<p><b>24</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Clean/Tasks Noon Lunch 12:30pm Clean / Units 2pm Rides Home</p>	<p><b>25</b> 8:30am Arrival and Coffee Social 10am Morning Meeting Noon Lunch 12:30pm Clean/ Tasks 2pm Rides Home  Christmas Party!</p>
<p><b>28</b> 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30p Winter Preparedness Group  12:30pm Clean/Tasks 1pm Out Trip 2pm Rides Home</p>	<p>29 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30a Tasks/Units Noon Lunch 12:30p Clean/Units 1p Rides Home 2p Staff/Client Meeting: ALL WELCOME 6pm Free At Last Rehearsal</p>	<p>30 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Tasks/Units Noon Lunch 12:30pm Clean/Tasks 2pm Rides Home Amazing Grace  6</p>	<p>31: 8:30am Arrival and Coffee Social 10am Morning Meeting 10:30am Clean/Tasks Noon Lunch 12:30pm Clean / Units 12:30p We're All Human' - Mens Group &amp; Women's Group  1pm Out Trip 2pm Rides Home</p>	

